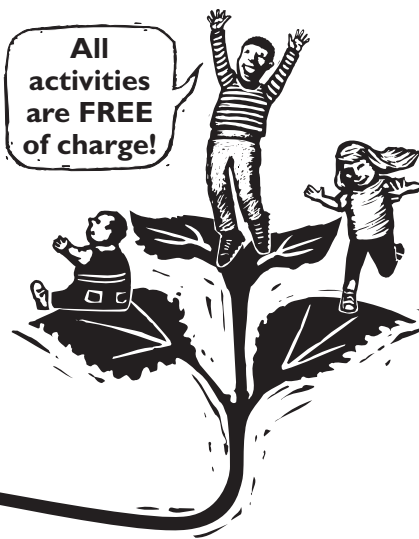


Growing Healthy Families

Morrisville District Office, Vermont Department of Health
63 Professional Drive • Morrisville, Vermont 05661
1-802-888-7447 or 1-888-253-8798

All
activities
are **FREE**
of charge!



Spring 2010

Baby party

Tuesday, March 16; 5:00–6:00 p.m.

Copley Hospital, large conference room

Congratulations! As an expecting mother, you want the best for you and your baby. Copley Hospital and WIC invite you to celebrate yourself and your baby, meet mothers like you, and talk about what you can do to make sure that you, your delivery, and your baby will be as safe and healthy as can be. Topics will include: eating “for two,” smoking and other chemicals, breastfeeding, healthy weight gain, and car seat safety. Speak with a nutritionist and nurses specializing in pregnancy and lactation and

receive smoking cessation support. Resources for before and after delivery, as well as refreshments provided. Dads, friends, partners and grandparents are welcome too! For more information or to sign up, call 888-1357.



4th Annual Lamoille Valley Baby Fair

Saturday, May 8; 9:00 a.m.–Noon

People's Academy Cafeteria

Baby on the way? New baby in the family? Designed with expectant and new parents, grandparents and caregivers in mind, the Baby Fair provides information about where to find support, goods and services for babies and their families right here in the Lamoille Valley. Organizations represented have included Tiny Trends, Copley Hospital Birthing and Wellness Centers, Kid Kadoodle, Mothers of Preschoolers, the Lamoille Family Center, Lactation and Birthing Solutions, and more! Refreshments, health screenings and admission is **FREE!** Amazing door prizes. Call Joyce or Amanda at 888-7447 for more information.

Seed starting workshop

Monday, May 24; 9:00–10:00 a.m.

Morrisville Elementary School Playgroup

WIC nutritionist and planting expert will lead this workshop where you can start your own vegetable plants for the summer! Open to all ages. Space is limited, so please sign-up in advance by calling Amanda at 888-1357.